

HUMAN GROWTH AND DEVELOPMENT INSTRUCTION

The School District of Jefferson strives to provide all students with a comprehensive curriculum reflecting high standards and quality instruction that builds the skills necessary to secure accurate information, make informed responsible decisions, communicate effectively and succeed in living productive, healthy lives as adults.

As a part of developing student intellectual, physical, social and emotional skills, the district shall provide instruction on topics focusing on human growth and development. Such instruction shall be carried out primarily within the district's health education curriculum, but may also be a part, as appropriate, of other related curricula and support programs.

All human growth and development instruction in the Jefferson schools shall be taught by appropriately trained and certified staff and/or by personnel from community health care organizations from whom the district secures professional programs and/or services. Volunteer health care providers will not be allowed to provide any direct human growth and development instruction to students.

The human growth and development curriculum used for instruction with students shall meet state law and guidelines. It will focus on multiple topics, all of which are directed toward working collaboratively with parents or guardians to ensure student health and well-being. The topics of instructional focus shall be as follows:

- I. Universal Health Skills
 - A. Health promotion strategies
 - B. Disease prevention
 - C. *Analyzing influences (peer pressure)
 - D. Accessing valid information
 - E. *Effective communication
 - F. *Decision-making skills
 - G. *Goal setting
 - H. *Avoiding/reducing health risks (managing stress)
 - I. *Health enhancing behaviors (self-esteem, confidence, relationships)
 - J. Advocacy for health and wellness

- II. Human Growth and Sexuality
 - A. Human body systems
 - B. *Male and female growth – biological, psychosocial, emotional, and intellectual maturational changes

- III. Sexual Decision Making Skills
 - A. **Abstinence from sexual activity as preferred choice of behavior for unmarried students
 - B. *Abstinence from sexual activity is only reliable way to prevent pregnancy
 - C. Contraception methods as means to prevent pregnancy

- D. *Managing the impact of media and peers on thoughts, feelings, and behaviors related to sexuality and sexual activities
- E. Recognizing, rebuffing, and reporting unwanted or inappropriate remarks or physical or sexual behaviors

IV. Sexually Transmitted Infections/Diseases, Prevention, and Treatment

- A. **Human Papilloma Virus (HPV)
- B. **Human Immunodeficiency Virus (HIV)
- C. **Acquired Immunodeficiency Syndrome (AIDS)
- D. */ **Abstinence from sexual activity is only reliable way to prevent sexually transmitted infections and diseases
- E. Use of certain contraception methods as way to prevent sexually transmitted infections and diseases
- F. Diagnosing sexually transmitted infections and diseases
- G. *Treatment of sexually transmitted infections and diseases

V. Pregnancy, Child Birth, and Parenting

- A. **Pregnancy—a time of physical, social, and emotional change
- B. **Prenatal child development
- C. *Prenatal / health care—medical, community agencies/organizations, and support of significant others, including friends and family
- D. **Process of childbirth
- E. *Postnatal health care—medical, community agencies/organizations and support of significant others, including friends and family
- F. Child care and parenting responsibilities (Shaken Baby Syndrome/child abuse)
- G. Healthy family life skills

VI. Sexual Activity Legal Ramifications

- A. **Criminal penalties for engaging in sexual activities involving a child (Chapter 948 Wis. Stats.)
- B. **Sex offender registration requirements —reporting and implications for future work, life and public right to know (§5.301.45, Wis. Stats.) including who is required to report, what information must be reported, who has access to information reported, and implications of being a registered sex offender

All human growth and development curriculum topics as previously identified with an asterisk (*) shall present “medically accurate” information and teach topics when “age appropriate” with such terms defined as:

1. “Age-appropriate” means suitable to a particular age group of pupils based on their developing cognitive and emotional capacity and consistent with adolescent development and community standards.
2. “Medically accurate information” means information that is scientifically-based and published, where appropriate, in peer-reviewed journals and textbooks.

Moreover, previously identified curriculum topics labeled with two asterisks (**) shall be taught when age appropriate, in the same course and during the same year.

In addition, fourth and fifth grade students will be separated by gender when receiving human growth and development instruction.

All listed human growth and development topics to be taught shall use instructional methods and materials that do not discriminate against a student based upon the student's race, gender, religion, sexual orientation, or ethnic or cultural background, or against sexually active students or children with disabilities.

At all times the district's human growth and development curriculum shall be available for parent(s)/guardian(s) to review upon written request to their child(ren)'s principal(s). Upon receipt of a request, the principal shall contact the parent(s)/guardian(s) to establish a date, time, and location for the review.

Moreover, annually and prior to any human growth and development instruction commencing, a notice from the principal(s) outlining the human growth and development topics and curriculum to be taught in a specific grade level/required course(s) shall be sent to parent(s)/guardian(s) of each student who will participate in said instruction. The notice will contain principal contact information for parent(s)/guardian(s) who have questions, want to review the curriculum or materials to be used, or do not want their child(ren) to participate.

As per this policy, no student shall be required to participate in human growth and development instruction.

Parent(s)/guardian(s) who do not want their child(ren) to participate should notify, in writing, the principal(s) of the school(s) their child(ren) attends. A written confirmation of the request shall be returned to the parent(s)/guardian(s) by the principal. If a student does not participate in human growth and development instruction as the result of parent exemption, the student will do alternative projects and activities for the duration of the human growth and development instructional time period. No student will be penalized in any way for not participating in human growth and development instruction. Moreover, students exempted from human growth and development instruction shall still receive:

1. instruction on physiology and hygiene, sanitation, the effects of controlled substances and alcohol upon the human system, symptoms of disease and the proper care of the body, unless separately exempted; and
2. instruction on effective means by which pupils may recognize, avoid, prevent, and halt physically or psychologically intrusive or abusive situations which may be harmful to pupils, including child abuse, sexual abuse, and child enticement, as required under current law.

To create strong connections between the district, families and the broader community about the teaching of human growth and development concepts and skills in the educational setting, a Human Growth and Development Ad Hoc Advisory Committee shall be established. The committee shall be appointed by the Board of Education and shall be comprised of educational personnel, students, clergy, parent(s)/guardian(s), community organization leaders, and certified health care professionals from community health care or public health organizations from whom the district receives programs and services. Other than parents, no other membership category may comprise more than one-fifth of the membership. School district board members, employees, or families of employees may not make up more than one quarter of the membership.

The responsibilities of the committee shall be to advise the Board concerning the:

1. design and implementation of the human growth and development curriculum, and
2. review and evaluation of the human growth and development curriculum.

ADOPTED: February 23, 1987 (Under Policy IGAE and BCFA)

REVISED: June 24, 2013 (Under Policy IGAHB)

LEGAL REF.: Section 118.019, Wis. Stats
Section 118.013(3)(4), Wis. Stats.
Section 118.012(2)(d)(2c)(8), Wis. Stats.
Section 252.11, Wis. Stats.
Section 252.13, Wis. Stats
Section 48.67, Wis. Stats
Section 101.055, Wis. Stats.

CROSS REF.: IGAHB-R(1), Human Growth and Development Instruction Guidelines
IGAHB-R(2), Human Growth and Development District Ad Hoc Advisory Committee
IGAHB-E, School District of Jefferson Human Growth and Development Instruction Annual Notice to Parent(s)/Guardian(s)
INB, Teaching About Controversial Issues
GBEA, Communicable Diseases

REVIEW DATE: June 24, 2013

HUMAN GROWTH AND DEVELOPMENT INSTRUCTION GUIDELINES

In tandem with parents and other family related community organizations, school based human growth and development instruction will be structured to provide all students with the comprehensive knowledge and skills that promote their health and well-being as they mature into adulthood.

I. Curriculum

Human growth and development instruction will follow a written detailed curriculum that is part of the district's Health Education curriculum and encompasses topics that are based on:

- A. State statutes and administrative rules
- B. Wisconsin Department of Public Instruction standards and recommendations
- C. Board of Education policy and guidelines
- D. High learning standards and best practice research concerning human growth and development content, materials, assessments, and instructional delivery methods
- E. Expert knowledge about the intellectual, physical, social, and emotional development of children
- F. An instruction framework that is age appropriate
- G. Content that is medically accurate
- H. Planning, design, and implementation input from the district's Ad Hoc Advisory Committee
- I. A curriculum and instructional topics that are inclusive of all students

II. Instruction

Human growth and development instruction shall be taught by school personnel who have proper certification and training or by community/public health care professionals that have official agreements with the district such as Jefferson County Human Services or Fort HealthCare. Volunteers will not be used for any student instructional purposes. Human growth and development instruction provided to students will

- A. adhere to the Board-approved curriculum content and instructional topics;
- B. utilize a variety of teaching methods including lecture, discussion, projects, simulations, etc.;
- C. utilize a variety of teaching materials and resources that are based on the district's materials selection process;
- D. be integrated within and across other school subjects in an interdisciplinary manner as appropriate;
- E. follow the district's policy on teaching controversial topics;
- F. encompass instruction in an inclusive and non-discriminatory manner
- G. where noted in the Human Growth and Development Instruction policy and Board-approved curriculum, teach identified topics in the same course and same year;

- H. be age appropriate at all times and in all circumstances;
- I. focus only on medically accurate information whether it be in presentations, materials, or discussions;
- J. provide for gender separation in grades four and five as related to the topics of human body systems and male/female growth; and
- K. encourage and facilitate further parent and student communication and discussion.

III. Parent(s)/Guardian(s) Information, Notification, and Rights

Parent(s)/guardian(s) are critical to student success in school. Everyone shares the goal of helping students learn and mature into happy, healthy adults. Parent(s)/guardian(s) also have the right as well as responsibility to be involved in their child's(ren's) education. They need an active role in those things which affect their child(ren). In the area of human growth and development instruction, parent(s)/guardian(s), through a variety of methods, will be:

- A. kept informed of human growth and development instruction, the curriculum/topics to be taught, activities to be carried out, and the materials or resources to be utilized;
- B. invited to review the human growth and development curriculum at any time upon request;
- C. communicated with on an on-going basis through school newsletters, parent/teacher conferences, and teacher e-mails about current classroom human growth and development activities;
- D. provided an annual notice directly to them as per the Board's policy and state law;
- E. provided information and procedures in the annual notice for exempting their child(ren) from human growth and development instruction;
- F. encouraged by the district's human growth and development teachers to communicate with them about general comments, issues, suggestions;
- G. requested to be involved in open discussions and collaborative decision making about human growth and development instruction; and
- H. recruited for possible membership appointment to the district's Ad Hoc Advisory committee.

6/24/13

HUMAN GROWTH AND DEVELOPMENT INSTRUCTION DISTRICT AD HOC ADVISORY COMMITTEE GUIDELINES

To meet the statutory requirements [§118.019(5) Wisconsin Stats.] and the district's commitment to parent/community involvement, the district shall establish a Human Growth and Development Ad Hoc Advisory committee. The administration will bring forward a recommendation for Ad Hoc Advisory Committee composition for appointment by the Board of Education. The framework for committee operations shall be as follows:

I. Committee Composition

The committee as appointed by the Board shall be composed of the following:

A. School Personnel

- Director of Curriculum and Instruction
- Director of Special Education and Pupil Services/District Health Coordinator
- One Health/Human Growth and Development Teacher
- District Nurse

B. Parents (must have children currently enrolled in school)

- One Elementary Parent
- One Middle School Parent
- One High School Parent
- One Special Education Parent
- One ELL Parent

C. Students

- Two High School Students

D. Community

- District's Medical Advisor
- Two Clergy Representatives
- Two Professional Health Care Professionals

E. Superintendent of Schools (Ex-officio)

*Note: Other than parents, no other membership category shall comprise more than one-fifth of the membership. School district board member, employees, or families of employees may not make up more than one quarter of the membership.

II. Terms of Committee Members

Appointments to the committee shall be for four-year terms, except the student members shall serve for two-year terms. At the first organizational meeting of the committee, one parent, one school personnel, one health care professional, and one clergy member shall be selected by lot to serve a two-year term. After the initial two-year terms, those appointed to succeed the two-year term parent, school personnel, health care professional and clergy positions shall

serve four-year terms. Except for the school superintendent ex-officio position, no committee member may serve consecutive terms. If any committee member during a term of appointment shall lose the characteristic necessary for his/her appointment (e.g., the student is graduated or a parent ceases to have children enrolled in the district schools), that member's appointment to the committee shall lapse and the Board shall appoint a successor committee member to fill out the unexpired term of the member.

III. Meeting Organization / Procedures

Within thirty days of creation and the appointment of members, the committee shall meet at a time and place to be determined and set by the Superintendent of Schools. The meeting shall be noticed to the public.

At the initial organizational meeting, the committee shall first choose a chairman whose term shall last until September, next. Successor chairmen shall be selected at the annual September meeting of the committee to serve until the next September meeting.

The committee shall at the initial organizational meeting adopt appropriate rules of procedure to govern its activities. (Roberts Rules of Order are suggested.) The Superintendent of Schools, as an ex officio member of the committee, shall not be entitled to vote on any matter.

One of the school personnel members shall be appointed by the Chairman as the Secretary of Committee and henceforth he or she or his or her successor shall continue to fulfill that function. The secretary shall be responsible for keeping a record of the committee's proceedings and activities and shall prepare and distribute to committee members and others interested the minutes of committee meetings. The Superintendent of Schools is hereby designated the custodian of the committee's records for purposes of the Open Public Records Law (Sec. 19.21 et. Seq., Wis. Stats.) and the secretary shall cooperate with the Superintendent of Schools in discharging his or her obligations there under.

The secretary, in cooperation with the chairman, shall be responsible for preparation and publication of the notices of the committee's meetings and agenda required by the Open Meeting Law (sec. 19.81 et. seq., Wis. Stats.) and for the committee's compliance therewith. The secretary and chairman may call upon the Superintendent of Schools for assistance in discharging their obligations under the Open Meeting Law.

The committee shall meet at least annually within the first semester of each school year. The committee may meet at such other times as necessary to discharge the committee's responsibilities, as determined by the chairman or the Superintendent of Schools.

IV. Committee Responsibilities

The responsibilities of the committee shall be to advise the Board of Education concerning the:

- A. design and implementation of the district's human growth and development curriculum; and
- B. review and evaluation of the district's human growth and development curriculum, comprehensive monitoring, review, and development shall be undertaken as part of the district's official Health Education curriculum review cycle. The committee shall collaborate with other district personnel and produce a written report with respect thereto.

V. Committee Powers and Support Services

In order to discharge the responsibilities set forth above, the district shall make available to the committee the expertise of professionals in curriculum development employed by the district and administrative assistant assistance as needed. The committee may request the Board of Education to request professional assistance from the district's CESA #2 Agency with regard to review and development of curriculum. The committee may submit a budget request to the Superintendent of Schools. The committee may request or advise the Board to contract with independent curriculum consultants to assist the committee in carrying out its responsibilities. The committee may request and advise the Board to seek federal and state grants to assist in developing human growth and development curriculum.

11/14/16

**SCHOOL DISTRICT OF JEFFERSON
HUMAN GROWTH AND DEVELOPMENT INSTRUCTION
ANNUAL NOTICE TO PARENT(S)/GUARDIAN(S)
[§118.019(3), Wis. Stats.]**

The School District of Jefferson strives to provide all students with a comprehensive curriculum and quality instruction that builds the skills necessary to secure accurate information, make informed responsible decisions, communicate effectively and succeed in living productive, healthy lives as adults. As a part of developing student intellectual, physical, social and emotional skills, the district shall provide instruction on topics focusing on human growth and development. Such instruction shall be carried out primarily within the district's health education curriculum, but may also be a part, as appropriate, of other related curricula and support programs.

Attached is the summary curriculum outline for the human growth and development instruction that will be provided to your child in the coming year. Please read it carefully as the education and guidance it provides to you as parent(s)/guardian(s), in combination with the medically accurate and age appropriate human growth and development instruction provided by us at school, are very important factors that will lead to the health and well-being of your child.

You are welcome and invited to review, at any time, the district's human growth and development curriculum and/or our complete health education curriculum of which human growth and development is a part. If you would so choose, you may also inspect instructional materials and resources to be utilized in student learning activities. To review the curriculum or materials and resources or discuss the topics to be taught, send a written request to your child's principal. Upon receipt of your request, the principal shall contact you to establish a date, time and location for the review.

Please be advised that pursuant to state law [§ 118.013(3)(4), Wis. Stats.], no student shall be required to participate in human growth and development instruction either generally and/or as related to the attached specific curriculum topics to be provided to your child in the coming year. If you do not want your child to participate in human growth and development instruction as per the curriculum outline provided with this notice, prepare a written exemption request and send it to your child's principal. A written confirmation of the request shall be returned to you by the principal.

If a student does not participate in human growth and development instruction as the result of parent/guardian exemption, the student shall do alternative projects and activities for the duration of the human growth and development instructional time period. No student will be penalized in any way for not participating in human growth and development instruction. Moreover, students exempted from human growth and development instruction shall still receive:

1. instruction on physiology and hygiene, sanitation, the effects of controlled substances and alcohol upon the human system, symptoms of disease and the proper care of the body, unless separately exempted; and
2. instruction on effective means by which pupils may recognize, avoid, prevent, and halt physically or psychologically intrusive or abusive situations which may be harmful to pupils, including child abuse, sexual abuse, and child enticement, as required under current law. [§ 118.01(2)(d)(2c)(8), Wis. Stats.]

As per law [§118.013(5) Wis. Stats.], the district has a Board of Education appointed Human Growth and Development Ad Hoc Advisory Committee comprised of school personnel, parents, students, health care professionals, and community leaders, including the clergy. The purpose of the committee is to advise the Board concerning the:

1. design and implementation of the district's human growth and development curriculum; and
2. review and reevaluation of the human growth and development curriculum.

Questions and comments regarding this annual notice to parent(s)/guardian(s) should be directed to your child's principal.

6/24/13

SCHOOL DISTRICT OF JEFFERSON
HUMAN GROWTH AND DEVELOPMENT INSTRUCTION
SUMMARY OF CURRICULUM TO BE TAUGHT

ELEMENTARY SCHOOLS (WEST, EAST, AND SULLIVAN) - *Instruction is provided in gender separated settings.*

GRADE 4 - *Females*

1. Preparing for Adulthood
 - A time for physical, emotional, intellectual and social changes
2. Body Changes During Puberty
 - Body, hair, breast growth
 - Skin/hair changes, perspiration
 - Mood swings
 - Pituitary gland/estrogen production
3. Female Reproductive System
 - Parts and functions - ovaries, fallopian tubes, uterus, ovulation/menstruation/prostaglandins
4. Personal Hygiene Practices
 - Showering/bathing
 - Use of deodorant
 - Hair care
 - Skin care and treatment
 - Menstruation/sanitary care

GRADE 5

Females

1. Preparing for Adulthood
 - A time for physical, emotional, intellectual and social changes
2. Body Changes During Puberty
 - Body, hair, breast growth
 - Skin/hair changes, perspiration
 - Mood swings
3. Female Reproductive System
 - Parts and functions - ovaries, fallopian tubes, uterus, ovulation/menstruation/prostaglandins
4. Personal Hygiene Practices
 - Showering/bathing
 - Use of deodorant
 - Hair care
 - Skin care and treatment
 - Menstruation/sanitary care

Males

1. Preparing for Adulthood
 - A time for physical, emotional, intellectual and social changes
2. Body Changes During Puberty
 - Body and voice change
 - Hair growth
 - Mood swings
 - Skin changes/acne
 - Production of testosterone and estrogen
 - Apocrine gland/perspiration
3. Male Reproductive System
 - Parts and functions - penis, testicles, sperm, ejaculation
4. Personal Hygiene Practices
 - Showering/bathing
 - Use of deodorant
 - Hair care
 - Skin care and treatment

JEFFERSON MIDDLE SCHOOL - *Instruction is provided to students together regardless of gender.*

GRADE 6

- Puberty
- Male and female reproductive system
- Path of the sperm
- Path of the egg
- Menstrual cycle
- In addition to these topics, the 6th graders focus on general communication strategies, goal setting, refusal skills, and relationship building that can be used in any situation, not just a situation related to human growth and development.

GRADE 7

- Puberty
- Reproductive system for both male and females
- Effective communication skills related to the development of positive relationships
- Resistance skills
- What a monogamous relationship looks like
- Risks of teenage marriage
- General costs of having a baby

- Concept of abstinence as the preferred choice in relationships and its reliability for reducing or not obtaining sexually transmitted infections
- Consequences of intercourse (physical, legal, mental, and emotional)
- Path of the egg and sperm
- Menstrual cycle
- Developmental stages of pregnancy, prenatal development, and childbirth (including shaken baby syndrome/child abuse)
- Birth control methods and other forms of contraception
- Socio-economic benefits of marriage
- Criminal penalties for engaging in sexual activities involving a child
- Sex offender registration requirements, reporting, and implications
- Sexually transmitted infections including but not limited to HIV/AIDS and HPV

GRADE 8

- Puberty (review)
- Reproductive system for both male and females (review)
- Effective communication skills related to the development of positive relationships
- Resistance skills
- Path of the egg and sperm (review)
- Other forms of birth control
- Love vs. infatuation
- Healthy and unhealthy relationships
- What a healthy marriage consists of
- Aspects love
- HIV/AIDS (review)
- Sexually transmitted diseases (review)

JEFFERSON HIGH SCHOOL - Instruction is provided to students together regardless of gender.

GRADE 9

1. Male reproductive system
 - a. Parts and functions
 - b. Pathway of sperm out of the body during ejaculation
 - c. Protecting male reproductive health
2. Female reproductive system
 - a. Parts and functions
 - b. Pathway of the egg out of the body during the Menstrual cycle
 - c. Menstrual cycle
 - d. Protecting female reproductive health
3. Review of puberty
 - a. Secondary sex characteristics for males and females - physical, emotional, mental, social changes
4. Effective communication skills related to the development of positive relationships
 - a. How to ask someone out on a date
 - b. How to approach someone for the first kiss
 - c. How to talk to a significant other about sex
5. Types of relationships
6. Characteristics of healthy relationships
7. Characteristics of unhealthy relationships
 - a. Codependency
 - b. Characteristics of abusive males
 - c. How to decide if the relationship is over or should be over
8. Abstinence as the preferred choice in relationships
9. Contraception - Condom use and Birth Control pills
10. Consequences of intercourse (physical, legal, mental and emotional consequences)
11. Love and the types of love
12. How to break up with someone in a healthy manner
13. Issues of rape/date rape information
14. HIV/AIDS/HPV/Other STD's
15. Criminal penalties for engaging in sexual activities involving a child
16. Sex offender registration requirements, reporting and implications

Note: All Human Growth and Development (HGD) Instruction in the School District of Jefferson is in compliance with Wisconsin Statutes. All topics and concepts taught are age appropriate, utilize medically accurate information and resources, and are taught as part of the Health curriculum. All instruction is provided by highly qualified certified district employed personnel.